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EVALUATION OF THE EFFECTIVENESS OF A NURSING PROGRAM FOR CARDIOVASCULAR DISEASE PREVENTION IN WOMEN OF REPRODUCTIVE AGE

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Cardiovascular diseases (CVDs) remain one of the leading causes of mortality and disability worldwide. This study evaluated the effectiveness of a nursing intervention program for cardiovascular disease prevention among women of reproductive age. The research was conducted as a prospective quasi-experimental intervention study in a primary healthcare institution in Bukhara region during 2025–2026. The study involved 24 nurses and 450 women aged 18–49 years. The intervention program included theoretical training seminars, blood pressure measurement training, screening algorithm implementation, documentation standardization, and motivational counseling techniques. The results demonstrated statistically significant improvements in screening coverage, nursing knowledge, practical skills, and documentation quality. Screening coverage increased by 28% ($p < 0.05$). A strong positive correlation was identified between nurses' theoretical knowledge and practical skills ($r = 0.71$). Furthermore, documentation quality was directly associated with improved screening outcomes. The findings indicate that systematic nursing management and structured preventive programs can significantly enhance cardiovascular disease prevention services in primary healthcare settings.

Keywords: cardiovascular diseases, nursing management, prevention, women of reproductive age, screening, primary healthcare.

Introduction

Women of reproductive age are increasingly affected by cardiovascular risk factors such as obesity, hypertension, stress, and physical inactivity. Nurses play an important role in preventive healthcareWomen aged 18–49 years represent a socially and economically active population group. The development of cardiovascular risk factors during reproductive years may negatively affect both women's health and future maternal outcomes. Conditions such as obesity, hypertension, stress, physical inactivity, and unhealthy nutrition are increasingly recognized as major contributors to cardiovascular complications. Primary healthcare institutions play a central role in early detection and prevention of cardiovascular diseases. Nurses working in outpatient healthcare settings are directly involved in screening activities, patient education, counseling, and monitoring. Therefore, the effectiveness of preventive services depends greatly on nurses' knowledge, practical competencies, and organizational skills.

Despite healthcare reforms, several challenges remain:

- insufficient screening coverage;
- inconsistent counseling approaches;
- inadequate documentation quality;

- variation in nurses' practical competencies.
- For this reason, evaluating nursing activities through management indicators and improving preventive interventions are considered highly important.

Materials and Methods

The study included 24 nurses and 450 women aged 18–49 years. The intervention program lasted six months and included training, screening algorithms, and counseling.

Results: Screening coverage increased by 28%. Nurses demonstrated improved practical skills and documentation quality. A strong positive correlation was found between theoretical knowledge and practical skills. Structured nursing intervention programs significantly improve cardiovascular disease prevention services in primary healthcare settings.

Practical Recommendations

1. Regular professional training programs for nurses should be organized.
2. Screening algorithms should be standardized in primary healthcare institutions.
3. Continuous monitoring systems based on performance indicators should be implemented.
4. Educational counseling on healthy lifestyles should be expanded.
5. Electronic documentation systems should be introduced to improve data quality.

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